

HOLISTIC

Wellness Escape

Eat well,
Move well,
Feel well.

● EVENING

Enjoy curated entertainment daily, with live music, show stopping performances and outdoor circus shows throughout the week

Golf*

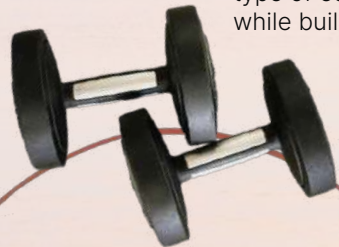
With stunning views of the South China Sea, have an exciting golf game at the nearby Ria Bintan Golf Resort, a 27-hole championship course



Challenge other guests at Tennis and Archery tournaments

Bootcamp

Join an active community that will help drive your competitive nature as you move from one type of equipment and exercise to the next while building muscle and endurance



Visit our spa* for a relaxing escape and indulgent rejuvenation

Aerial Yoga

Start your morning right with refreshing yoga in front of the sea

● MORNING



AFTERNOON

Fresh Slow-Pressed Juice

Stroll over to the Santai Bar for a holistic post-workout healthy refreshment



Healthy Corner

Stay fit during your getaway with our restaurants Healthy Corner. From fresh-ready made salads, to crisp make-your-own-salads, each bite is a delight to the sense

**At extra cost*

Schedule is subject to resort operations and might differ slightly





Club Med Bintan

EAT WELL, MOVE WELL, FEEL WELL

For Emergencies Dial : 345

In the event of any emergencies close to the beach
The alarm can be raised at the beach bar or water sports center and towel counter

Last updated: September 2 2024

RESORT SERVICES

Reception (Extension #9)

Level 4

- Open 24 hours
- Adaptors are available upon request at reception with a deposit of 100.000 IDR
- Lost and found
- Opening of account → active digital room key to charge extra expenses in your room account.
- ATM machine available at Level 4
- Laundry token available at the Reception 24hrs

Excursions Desk*

(Level 1 and Level 4)

09:00 – 12:00 / 13:00 – 17:00

Infirmary* (Level 4)

09:00 – 12:00 / 16:00 – 19:00

Extra charge for consultation & medication

Boutique* (Level 1)

09:00 – 21:00

Photo Counter* (Level 1)

09:00 – 13:00 / 16:00 – 20:00

Spa with Sothys

Spa 10:00 – 20:00

Spa Reservation Desk (Level 4)

10:00 – 18:00

RESTAURANT

Waterfall Restaurant

Level 2

07:00 – 10:00 | Breakfast

12:00 – 14:00 | Lunch

18:30 – 21:00 | Dinner

Zentika Restaurant ⁽¹⁾

Level 3

(Zentika is open while the Terrace Restaurant is under refurbishment)

10:00 – 11:15 | A la Carte
Late Breakfast

14:00 – 17:00 | A la Carte
Late Lunch

18:45 – 21:15 | A la Carte
Dinner ⁽¹⁾

Reservation required for dinner at terrace and can be made via downloading the 'My Club Med' app or our resort QR landing page.

Reservations can be made 1 day in advance. *Operation hours are subject to changes depending on in-resort occupancy.

Pondok Ria Food Stall

16:30 – 18:00 | Matahari
21:30 – 23:00 | Beach Bar

BAR

Bar ⁽²⁾

09:00 – 00:00 | Santai Bar
Level 1

10:00 – 16:00 | Panorama
Bar Level 4

09:00 – 23:00 | Matahari
Beach Bar

Bagus Lounge

Open 24-hours

Mah-jong, Billiards

POOL

Swimming Pool

09:00 – 19:00 | Pool Open

19:00 – 09:00 | Pool
Closed

KIDS CLUB

Petit Club Med*⁽³⁾

Level 4

08:30 – 17:00 | Operation Hours
19:30 – 20:15 | For 2-3 years

08:30 – 12:00 | Registration
14:00 – 17:00 | (First Timer)

Mini Club Med ⁽³⁾

Level 4

08:30 – 17:00 | Operation Hours
18:30 – 20:15 | For 4-10 years

08:30 – 12:00 | Registration
14:00 – 17:00 | (First Timer)

Teens & Chill Pass⁽⁴⁾

Meet at Bagus Lounge (Level 1)

09:30 – 17:00 | Operation Hours
19:00 – 20:15 | For 11 – 17 years

Amazing Family

Please approach our AF Desk next to the Boutique on Level 1 for more information.

Closed on Thursday

ENTERTAINMENT

Evening Entertainment

20:30 | Show

21:15 | Second Event

Flying Trapeze

09:00 – 09:45 | Kids (4-7 yrs)

10:00 – 10:45 | Kids (8-10 yrs)

11:00 – 11:45 | Teens (11+)

16:00 – 17:15 | Adults (18+)

Catch Session

17:15 – 17:45 | Advanced
Class

If it rains, the activity be held in the Theatre (level 1)

MUST-TRY

• Healthy Corner

From fresh-ready made salads, to crisp make-your-own-salads, each bit is a delight to the sense.

• Fresh Slow- Pressed Juice

Stroll over to the Santai Bar for a holistic post-workout healthy refreshment

*Programs with this star will incur additional charges.



(1) Subject to opening days and availability. 1 guest can book for a maximum of 10 people.

(2) According to the Indonesian ministry of trading act, the legal drinking age is 21 years old and above

(3) Please refer to opening/closing for sign in/out. Please prepare a bag with a hat, a swimsuit, sun block lotion & some extra clothes for changing, identified with name and room number. Sport shoes are required for all sports activities.

(4) Teens Club G.O will wait until 10:00 at the Bagus Bar. If your teenager would like to join after 10:00, please refer to the Teens program for the location. Program subject to changes depending on occupancy of the resort.



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SPORTS

Sports Center

24h | Fitness Room

Sports Information Desk

All sport activity information and Aerial yoga bookings

19:45 – 20:30 | Main Bar

Land Sports

08:45 | Power Walk
Meet at the reception

12:00 | Pool Entertainment
*Check Daily Program

Sports Tournament

11:00 at Main Bar
Mon, Thu : Darts Challenge
Tue, Fri, Sun : Free Throw Challenge
Wed, Sat : Ping Pong Challenge

Mon, Fri : Badminton

14:30 at Sports Center
Tue, Sat : Ping-Pong

Wed : 3 on 3 Basketball

Thurs, Sun : Padel Tennis

17:00 | Check Daily Program

Padel Tennis

Open for free play. Equipment available at Sports Center

SPORTS

Tennis

Lesson: 11 years+
Equipment available at Sports Center

08:30 | Advanced Lesson
09:45 | Beginner Lesson
16:00 | Tournament

Archery

6-17 years accompanied by an adult

09:00 – 09:50 | Kids Club (8-10 years)

10:00 – 10:50 | Mini Club (6-7 years)

11:00 – 11:50 | Family Time (6 years +)

14:30 – 15:20 | Teens (11-17 years)

15:30 – 17:00 | Adults (18 years +)

Wall Climbing

6-10 years accompanied by an adult

10:00 – 10:50 | Mini Club (6-10 years)

11:00 – 11:50 | Family Time (6 years +)

15:00 – 15:50 | Family Time (6 years +)

16:00 – 16:50 | Adults (18 years +)

WELLNESS

Fitness Classes

**Sports shoes are required

10:00 | **Mon, Wed, Fri, Sun**
Circuit Training**
at Fitness room

Tue, Thu, Sat
Bootcamp**
at Trapeze Garden

11:30 | Aqua Fit at Pool

15:00 at Fitness Room
Mon, Wed, Fri, Sun
Abs Training**

Tue, Thu, Sat
Lower Body Training**

16:00 | **Mon, Thu, Sun**
Dance Fit** at Main Bar

Tue, Fri
Step Class** at Fitness Room

Wed, Sat
Body Fit** at Fitness Room

Yoga

At the Palapa near Beach Bar
8-11 years accompanied by an adult

08:00 | Morning Yoga (8+)

10:00 | Aerial Yoga Beginner

11:00 | Aerial Yoga Intermediate

15:30 | Aerial Yoga Beginner

17:00 | Relaxing Yoga(8+)

Aerial yoga : 14 years old +
Reservation required 19:45 - 20:30 the night before at the Sports Information Desk at the Main Bar (max 10 pax)

Only aerial yoga lessons are closed on Tuesdays
Max 2 pax booking / person

GOLF

Golf Pro Shop*

Level 4
09:00 – 12:00 / 16:00 – 18:00

Golf Practice Area

8-11 years accompanied by an adult. Golf facilities: driving net, putting green, Chipping green, bunker, and all basic equipment

09:00 – 10:00 | Advanced Lesson (11+)

10:00 – 11:00 | Beginners Lesson (11+)

11:00 – 12:00 | Intermediate Lesson (8+)

15:00 – 16:00 | Family Lesson (8+)

16:00 – 17:00 | Variety Lesson (11+)

MUST-TRY

• **Aerial Yoga**
Start your morning right with refreshing yoga in front of the sea.

• **Golf** *Extra Cost
Tee off in a world-renowned 18-hole. Ocean course and 9-hole Forest course.

• **Boot Camp**
Join an active community that will help drive your competitive nature.

WATER SPORTS

Snorkelling 8 years +
Reservation

08:00 / 10:00 / 13:00

Snorkelling
09:00 / 11:00 / 14:00
8-17 years accompanied by an adult.

- 20 pax maximum per trip.
- 1 pax can register for 2 pax maximum.

Kayak / Pedal Kayak

(Free practice 6 years +)

Stand-Up Paddle

(Free practice 8 years +)
09:00 – 12:00 / 14:00 – 17:00
8-13 years accompanied by an adult.

Beach Tennis (Free play)

09:00 – 17:00

*Water Sports is subject to weather and ocean conditions. The activity may close without prior notice should these factors affect our safety standards. Please consult our Water Sports Team for any queries regarding operational conditions.

If you come into contact with oil tar on the beach, baby oil is available at the beach bar, water sports counter, beach towel counter and reception.



* Programs with this star will incur additional charges.

